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CULTURE: Pelham Art

Pelham shows its artistic side

VICTORIA GRAY
PelhamNews Staff

Robert Amirault will make his debut appearance at this year's Pelham Art Festival.

The landscape artist recently moved to Welland from Thornhill and now that his home and studio are complete he wants to get out into the community, meet fellow artists and get his work noticed.

"I want to show people I'm here and what I do," he said.

see **ART** | Page 2

VICTORIA GRAY Staff Photo

Josh Tiessen, a 17-year-old hyper-realist painter who burst onto the Canadian art scene at just 10 years old, will show his work at the Pelham Art Festival for the second year in a row.

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upfront

■ ART

'The truth is out in nature'

FROM PAGE 1

"I'm the only newbie at the show this year and that tells me people get a good response from the crowd."

Amirault has spent four decades perfecting his style and technique, but he believes he has never finished learning.

He often sits outside in front of a scene and either completes a painting in front of his subject or sketches detailed outlines of what he wants to do for larger canvases.

"The truth is out in nature," he said. "The true colour of a leaf, the sky — or of any subject reveals itself when you're there."

When he was 17 he started working in a department store in the men's clothing department an part of his job was painting large signs and designing the displays. From there he went into commercial art and management.

"It was a very stressful job and I found myself painting to relax," he said.

He threw himself into landscape art soon after.

More than 65 artists will show paintings, jewelry, pottery, sculptures, glass and more at the 27th Pelham Art Festival at the Pelham Arena on Haist St. Mother's Day weekend — May 10, 11 and 12.

For more information visit www.pelhamartfestival.com or www.facebook.com/PelhamArtFestival?fref=ts.

victoria.gray@sunmedia.ca
Twitter: @VixeyG

VICTORIA GRAY Staff Photo
Landscape artist Robert Amirault will show his work at the Pelham Art Festival for the first time this May. He recently moved to Welland and wants to get out into the community.

■ **PELHAM ART FESTIVAL:** Mother's Day tradition of giving continues

Creative idea paints rosy picture for library

Supplied photo

Volunteers of the Pelham Art Festival were celebrated for their efforts during a volunteer appreciation event at Pelham Public Library's Fonthill branch. About $10,000 was donated to the library from proceeds raised by last year's festival. Pictured from left are library board chair Maxine Gaylor, festival chair Heidi TeBrake and library CEO Stephanie Stowe.

SARAH FERGUSON
PelhamNews Staff

Last Wednesday was a night for Pelham Art Festival volunteers to celebrate art along with the contributions they have made to the community.

"It was our volunteer appreciation night and we honoured over 100 volunteers, sponsors and contributors who made the 2012 art festival a success," said Diane Rawsthorn, the festival's publicity co-ordinator.

"The purpose of the night is to make the festival's donation to the library and the volunteers are a big part of it," Rawsthorn said.

"It's also a chance to look back to see what we've accomplished."

Each year, proceeds from the festival are donated to Pelham Public Library and a bursary is given to a graduating student from E.L. Crossley pursuing an education in the arts.

Last year's festival raised $10,000, bringing the total contribution to the library to more than $350,000 over the past 26 years. The money will go toward purchasing new furniture for the children's section at the library's Fonthill branch, Rawsthorn said.

In the past, the festival's annual donation has helped the library to purchase new books, replace and upgrade furniture and improve programing.

"The minute someone walks through the door (to attend the art festival) and pay admission, they are giving back to the community," she said.

The Pelham Art Festival is looking for volunteers for the Mother's Day weekend event, May 10 to 12. For more information about how to get involved visit www.pelhamartfestival.com or e-mail info@pelhamartfestival.com.

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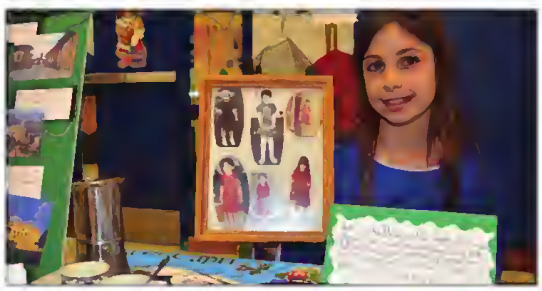
SARAH FERGUSON Staff Photo
Myah Blouin learned her family history can be traced to Italy and she wore a soccer jersey to represent the country's favourite sport.



SARAH FERGUSON Staff Photo
Katelin Oufssoren researched her family's history in Italy and shares photographs of a red crochet dress worn by herself, her mother and grandmother.

SARAH FERGUSON Staff Photo
Tristan Gill shared information about Trinidad, where his father came from.

SARAH FERGUSON Staff Photo
Trinity Schuit learned her family's history can be traced back to Holland.

■ **SOCIAL STUDIES:** Students take on role of teachers

A lesson in culture at Pelham school

SARAH FERGUSON
PelhamNews Staff

St. Alexander Catholic Elementary School students took on the role of their teachers and gave a lesson about different cultures.

About 40 Grade 2 students invited their families to the school's gymnasium Friday afternoon for Culture Fest.

"As part of their social studies unit, the children studied cultures from around the world," said Grade 2 teacher Tracy Goodwin.

With help from their parents, students were asked to research their ancestry and present the information they found in a creative way.

Some of the information students received was acquired through interviewing grandparents, aunts, and uncles, while other information was found in history books.

"Today, we have every place you could imagine including France, England, Holland, Germany, Chile, Trinidad and Cambodia," Goodwin said.

"We gave questions about the different types of traditions, the food they eat, types of buildings and artwork."

Katelin Oufssoren enjoyed researching her family's history which can be traced back to Italy.

"I liked learning about my family's culture," she said.

She proudly displayed a crochet dress that has been passed down in her family since the 1930s.

The little red dress has survived the passage of time and was worn by both Oufssoren's grandmother, mother and herself.

Oufssoren said studying her culture and learning about her fellow classmates' culture was "a lot of fun."

Myah Blouin, whose family also came from Italy, said she learned about the leaning tower of Pisa and how people lived in Italy.

"It's important to learn about different cultures so you know you're way around the world," she said.

Trinity Schuit took about a week to finish her project with the help of her parents. She had "a lot of fun" learning about Holland.

"I learned they were clogs in Holland," she said.

Daniel Langeloan's family also came to Canada from Holland and he was surprised at some of the information he learned.

"I never knew Holland was under the sea level," he said.

Pelham NEWS
Published by PelhamNEWS
Sun Media Corp.
228 East Main St., Welland, ON L0S 1E0
Tel: 905-732-2414 ext.246 Fax: 905-732-3660
e-mail: pelham.news@sunmedia.ca
John Tobon
PUBLISHER AND GENERAL MANAGER, PRINT & DIGITAL
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SUN MEDIA
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comment

Sign me up for a one-way ticket to Mars

I like the chocolate bar. So I'll love the planet.

I'm talking, of course, about Mars -- and the out-of-this- world news that a Dutch group is accepting applications for a voyage to the fourth planet from the sun.

"Round One is where we open the doors to Mars for everyone on Earth," said Mars One Foundation co-founder Bas Lansdorp in a statement.

Wait. Is this guy saying that someone like me -- a mildly-depressed, out-of-shape, middle-aged guy prone to bouts of dizziness when I get up from the couch too quickly -- can apply to go to Mars?

"This is an international mission," said Lansdorp, "and it is very important for the project that anyone anywhere can ask themselves: Do I want this? Am I ready for this? If the answer is yes, then we want to hear from you." Are there restrictions? Not really. At a news conference in New York, Lansdorp said anyone over age 18 can apply. The fee, which is based on the per-capita GDP of the applicant's home country, is $33 for Canadians. Is there a catch?

Well, um, yes. There is one teeny, tiny thing: It's a one-way trip; the volunteers selected for the voyage will be expected to live out the rest of their lives on Mars.

"It is likely that there will be a crematorium," said Lansdorp. "It's up to the people on Mars to decide what to do with their dead."

Okaaaaaaay.

Apparently, the folks at Mars One are offering only a one-way trip because, well, a one-way trip is cheaper. And perhaps (and I'm only speculating here) they haven't yet ironed all the bugs out of that little matter of re-entering Earth's atmosphere in a blood-boiling ball of flame at 26,000 km/h.

But the trip isn't expected to blast off until 2022, so there's plenty of time to sort things out. Like, for instance, should I bring a sweater?

In the meantime, interested applicants are asked to provide some general information about themselves, write a letter about why they're applying and submit a one-minute video explaining why they should be among the first humans to set foot on Mars.

No problem. Here are three terrific reasons why I should go to Mars: Worth the weight: The gravity on Mars is lower than on Earth; in fact, gravity there is only 38% of the gravity on Earth, which means I'd weigh only 72 pounds on Mars and wouldn't have to watch what I eat.

Flight skills: I used to be really good at the video game Lunar Lander, so landing on Mars should be easy peasy. Plus, on long car or airplane trips, I don't throw up nearly as much as I used to.

Not contagious: In Grade 10, I got A on a book review of The Martian Chronicles by Ray Bradbury. So I know a thing or two about how to avoid killing all the Martians in a germ-filled plague. Plus, I've already had chickenpox.

See you on the Red Planet!

ian.gillespie@sunmedia.ca

■ COLUMN

Hoping for a new southern hospital

DAVE AUGUSTYN
MAYORAL VIEW

You will recall that last May, Dr. Kevin Smith, the provincially-appointed supervisor of the Niagara Health System (NHS), presented an interim report regarding restructuring of the NHS. He recommended building a new southern hospital and asked the six southern mayors and the regional chair to recommend the site.

Based on an analysis of population densities, emergency call volumes, drive times, municipal infrastructure, NHS referrals, and emergency room usage, the mayors and chair unanimously suggested two geographic areas (about 8 kilometers apart) for the new hospital.

In his September 2012 final report, Dr. Smith recommended that the NHS should construct a new general acute care hospital at the Lyons Creek / QEW location – as well as two free standing Urgent Care Centres.

By closing current facilities and building new, he estimated that this preferred option would cost $879 million in capital, but would save $9.5 million in annual operating expenses. The NHS needs the savings; Dr. Smith forecasts a consolidated deficit of $29 million by 2015.

He showed that a "revitalized status quo" – three acute care, ER sites (GNGH, St. Catharines, Welland), three complex care sites (NOTL, Fort Erie, Port Colborne) and two urgent care centres (Fort & Port) – would cost $883 million in capital upgrades and save only $2 million in more efficient operations.

The hybrid option – two acute care,ER sites (GNGH, St. Catharines), one ambulatory and urgent care centre (Welland) and two complex care sites (Fort and Port Colborne) – would cost $1,165 million in upgrades and save $2.8 million in operations.

Other options would cost substantially more, as well; for example, closing Niagara Falls site and redeveloping everything at the Welland Site would cost $1,433 million.

Providing local health care options and services in 2013 cannot mean "a hospital for every community" as it did in the 1930-50s when "southern" communities constructed or relocated existing hospitals.

One can undergo day surgery for something today that would have kept you in the hospital for weeks in the 1950s. And, the hundreds of procedures that are routine today, weren't even imagined two-and-a-half generations ago.

I do believe that communities need more local health care options and services –but that may not be in the form of a hospital; that's why the Town is working with doctors who are developing new facilities and family health teams in both Fonthill and Fenwick.

Our hospitals need to quickly evolve to the new realities of health care. I hope that each of us can embrace the position of the Niagara South Medical Society and the Greater Niagara Medical Society; these doctors recently supported Dr. Smith's call for a new hospital and suggested speedy implementation.

You may contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

■ COLUMN

Sensing is the next stop on the 2013 Wellness Train

For those of you who have been following along as we explore the 12 dimensions of Wellness, welcome back.

Our first stop in January was self-responsibility and love and last month we learned about breathing. Join me now as we continue along in an effort to make sense out of sensing.

When we talk about the sensing dimension of wellness, what do we mean?

Most of us can name the five senses: seeing, hearing, smelling, tasting, touching.

But did you know in wellness we also consider intuition? Everyone has had that feeling of just knowing, or instinct.

We have the ability to tune into our intuition. When we were younger, we could do it with ease, without even knowing we were doing it. We just have to remember how.

You have the tools: your senses tell you everything you need to know.

When you are wrestling to make a decision do you listen to how your body is telling you? Does it make you want to inhale and expand? Or, exhale and shrink? For me, the key is sensing the subtle difference between those feelings.

I believe I am a 'sensitive' being - I own and operate a Wellness Centre for goodness sake!

About a year ago I became totally entranced with the way I could tune into my senses by utilizing the technology of Kundalini Yoga. I found the music, the mantras, and the classes were more powerful than any other type of yoga I'd ever experienced.

My teacher, Lisa Devi Kirn Scandolari, is a KRI Certified Kundalini, Sivananda Hatha, restorative teacher and yoga therapist. Her studio is based in St. Catharines and she is the founder of the organization Kundalini in Niagara. Her life's work is that of observing her students.

She describes Kundalini Yoga as the Yoga of Awareness and the most powerful style of yoga. Lisa says it supports us to become physically and mentally strong by creating a strong nervous system and healthy glandular and immune system. When we tune into our full range of senses, we can stand in the radiance of our own power. This can create a life of vitality and abundance.

Lisa says Kundalini is a technology and a science for all aspects of human living. Based on the realization that our true strength comes from within, Kundalini Yoga deepens and expands our awareness on all levels so that we may awaken our full potential and grace. It's a transformational practice using dynamic posture, breath, mantra, sound meditation and deep relaxation.

Awareness is everything. Even if you don't think Kundalini is for you, consider playing this game with yourself: take a moment to describe out loud something that reaches each of your senses. For example: I see the tree moving outside, I hear the clock ticking on the mantle piece, I smell a candle burning, I taste the coffee on my tongue, I feel the warmth of the fire on my skin.

The more time you spend acknowledging the present moment, the more you go from doing to being.

For more information about Kundalini classes visit online at www.lisasyoga.com.

Join me next month as we stop at the eating station.

Deborah-Marie Forrester is the founder and managing director of Darla-Prana Healing and Wellness Centre in downtown Fonthill.

■ **LOCATION:** Pelham St. suggested as new location

Pelham's Farmers Market not moving

SARAH FERGUSON
PelhamNews Staff

In the decade since it has started, the Pelham Farmers Market has blossomed into a tradition for many residents community

With its success, local business owners are hoping to be involved with the market. Both business owners and market vendors have been talking about the possibility of moving the market from Town Square and relocating it to Pelham St. from the arches to Hwy. 20., through discussions facilitated by town staff.

But so far, both groups can't agree.

Some business owners like Candee Ashbee would like to see a portion of Pelham St.closed for the market.

The move would be beneficial, Ashbee said, because there is more room on the main street, higher visibility, and it would alleviate traffic problems in downtown Fonthill during the summer months when the market is on.

With the combination of popular concerts held at Peace Park, and the market on Thursday evenings, parking is scarce during the summer months.

A conversation was started last August, Mayor Dave Augustyn said, to talk about how these parking problems could be solved.

One of the suggestions that came from these meetings was to move the market.

Ashbee said changing the location of the market would bring market goers to businesses and free up 26 municipal parking spaces.

She added the market could be modeled after a farmers market held in Grimsby that was moved to the town's main street in the downtown core.

"Pelham and Grimsby have similar demographics," Ashbee said.

The business owner met with members of Grimsby's Downtown Improvement committee and was told how the move "positively impacted their community" by allowing the market to expand.

But the market vendors in Pelham are not in favour of a move, market chair Fred Arbour said.

A meeting between vendors and business owners was held last week, and based on conversations, Arbour said it it unlikely the market will move.

"This is our 10th year and people know where we are. The market will not move."

Arbour said shutting down Pelham St. doesn't make sense because customers wouldn't want to lug their groceries to their cars, nor is the street wide enough to accommodate the market.

Although at its current location, the market is maxed out at 22 vendors, Arbour said the municipal parking lot is a "great location" because of its convenience.

Stacey Duncan, of Nature's Corner Bakery, said one of the biggest concerns for him if the market moves is restricted access for customers. It's also further away from the bandshell and hydro is better at its current location, he said.

"It doesn't make sense to move it to Pelham St. where parking is an even bigger issue."

Duncan said he has been surveying residents about what they think of the market potentially moving.

So far, he said about 150 people have voted against moving the market while five voted in favour.

If residents would like to express their opinion about moving the market, Duncan said everyone is welcome to make their voices heard.

What's ultimately important, Duncan said, was the tradition of the market.

"The market vendors don't want to lose the farmers market feel."

SARAH FERGUSON Staff Photo

Business owner Candy Ashbee stands on Pelham St. between Hwy. 20 and the arches where she would like to see Pelham Farmers Market staged one day.

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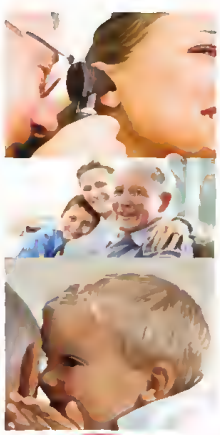

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■ IRON CHEF NIAGARA

Executive chef career started as busboy

DAVE JOHNSON
PelhamNews Staff

His courses of lobster and beef tenderloin prepared last Wednesday were so superb that he went on to claim this year's Iron Chef Niagara championship title.

But the career of Lookout Point Country Club executive chef Abbey Solomon had a somewhat rocky start.

"I started off a busboy at first and found that wasn't for me," said Solomon. "I dropped a ketchup bottle on the hardwood floor and a waitress came through."

The waitress slipped on the ketchup and dropped $150 worth of food.

"That was the last day out on the floor for me," Solomon said with a laugh.

Luckily for Solomon, the incident took place in his family's seafood restaurant in Penetanguishene when he was 10 or 11 years old. His dad took him off the floor and soon had him washing dishes in the kitchen. He quickly moved up to working on salads and then hot cooking.

The family owned the restaurant for a couple of years. Solomon later found himself inside the kitchen at Tucker's Marketplace in Scarborough at the age of 14.

"I started off as a dishwasher and within a year I was a supervisor directing people older than me. It was a bit hard to get used to, but I knew what I was doing and I was passionate about it."

Solomon enjoyed working with people and fell in love with the restaurant industry and the creativity that came with it.

see CHEF | Page 10

DAVE JOHNSON Staff Photo

Lookout Point Country Club executive chef Abbey Solomon puts butter on lobster tails before the Iron Chef Niagara competition on Wednesday. The Pelham chef won the charity fundraiser event.

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(4-7 yrs) 5:30-6:00pm
(8+ yrs) 6:00-6:30pm

Drop in and try any session for $4.50 or purchase your 10 + 2 bonus passes for $40 at Pelham Town Hall.

Walking Club - Everyone is welcome! - May 2nd and 9th
Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10am and Thursdays at Fonthill Bandshell from 9-10:30am. For more information, contact (905) 892-2607 ext. 341.

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Come out to Centennial Park, 999 Church Street, Fenwick, for a variety of sports including basketball, soccer, softball, ball hockey & ultimate Frisbee. Ages 18+ $6 per session or purchase your 10 + 2 bonus passes for $60. Passes can also be used for Zumba classes. For more info, contact (905) 892-2607, ext. 341.

Ready Set Cycle! - A Bicycling Course - May 22, May 29, June 5 & June 12
Registration forms are available at pelham.ca! Bike Niagara and the T.O.P. will teach you how to get back into cycling, ride with greater confidence and practice safe sharing of the road. Cost is $33.90. For more information, contact (905) 892-2607, ext. 308.

COMMUNITY EVENTS & NEWS

Rediscover Your Bike – Thursday, May 23, 5:30-7:30 pm
It's time to dust off your bike and get riding again! Bring your bike to Café on Main, 1455 Pelham Street, to review equipment safety & fit, mechanical & maintenance considerations, key safety principles, handling skills demonstration and a ride. Ages 9 and up are invited to participate (ages 9-14 must be accompanied by a participating adult). Advance registration is required and cost is $10.00 per person. For more information, contact (905) 892-2607, ext. 347 or sjaeger@pelham.ca. Information & registration forms are available at www.pelham.ca

2013 Rain Barrel Program
The Town of Pelham is now taking orders for rain barrels. Cost is $38 and must be pre-paid at Town Hall. Proof of residency is required; maximum 2 rain barrels per household; limited quantity available. Order yours today! For more information, contact (905) 892-2607, ext. 347 or sjaeger@pelham.ca.

Summer Program Registration
Registration for aquatics programs and summer camps is now open. Details and application forms are available at www.pelham.ca.

Pelham Farmers' Market – OPENING DAY MAY 2 - Pelham Town Square
2013 marks the 10th year for our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30 pm until dusk.

E. L. Crossley Secondary School 50th Reunion - May 17, 18 & 19
All past and present students are invited for a weekend celebration featuring special messages from former graduates, memorabilia displays, food vendors, a pub night, a street dance featuring alumni Crossley bands and a presentation of arts, drama and music. For more information, visit www.elcrossleyalumni.com or call (905) 892-2635.

5th Annual Pelham Mayor's Gala - Saturday, May 25
Mayor Dave Augustyn and community volunteers are hosting a night of intrigue and entertainment at "Casino Royale" at Lookout Point Golf & Country Club, 209 Tice Road, Fonthill. Funds raised will support the Riehl Skate Park, the Niagara Centre Skating Club and the Pelham Community Fund as part of the Niagara Community Foundation. Individual tickets are available at Pelham Town Hall and are $135. Sponsorships are also available. For more information, contact (905) 892-2607 ext. 337.

Fenwick's 160th Anniversary Celebration - Saturday, June 1, 10am-11pm
Enjoy a summer's day filled with heritage, activities, music and buskers – all for free. A 'heritage' focus will accompany the celebrations and all in attendance will be able to walk freely on the closed streets. Participant application and sponsorship forms are available at www.pelham.ca.. Decorations (swags & bows) are still available for purchase on a first come, first served basis.

Pelham Summerfest 2013 - Thursday, July 18 until Sunday, July 21
It's never too early to start thinking about Pelham's summer fun festival! Check out www.pelhamsummerfest.ca for details and updates. Art show, vendor and sponsorship applications are now available online.

NOTICES & REMINDERS

Join the Communities in Bloom Committee!
This Town Committee is dedicated to keeping Pelham beautiful and planning events such as Pelham's Annual Garden Tour and Community Participation Days in the Spring and Fall. To join or for more information, contact (905) 892-2607 ext. 341.

List Your Business in the Town of Pelham Recreation, Culture & Wellness Guide
Fill out a business directory information card with the Town of Pelham by visiting Town Hall or contact 905-892-2607, ext. 315.

Book the Arena Hall or Old Pelham Town Hall for your next function or event!
For more information, contact (905) 892-2607, ext. 347.

Reminder for Dog Owners
Please note that in accordance with By-Law 97-2010, dog owners and walkers are required to remove all feces left behind on private or public property. Please remember to be responsible and stoop and scoop!

Keep Pelham Streets "Lit"
Report any problems you notice with Town streetlights to Public Works at (905) 892-2607, ext. 332. Please remember to provide the pole number for the hydro utility to investigate.

■ **COMMUNITY:** Pelham man recipient of Paul Harris Fellow Award

Volunteering a way of life for David Swan

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SARAH FERGUSON
PelhamNews Staff

David Swan remembers a day decades back when he and his friends ran a lemonade stand.

Swan and his neighbourhood gang raised about $25 — a lot of money in the late 1930s.

"We wanted to spend it selfishly on things that kids wanted in those days," the now 80-year-old Pelham resident recalled with a smile.

The boys could have done anything with it. They could've bought new toys, or ate what felt like a lifetime supply of sweets.

Instead, they donated the money to The Hospital for Sick Children in Toronto.

At the time, Swan didn't know much about the hospital, but he had read about it and learned more through a local newspaper.

He and his friends decided the money would be put to better use if it went toward helping sick children.

Even from a very young age, Swan has been dedicated to volunteering and supporting his community any way he can.

Volunteerism is not about giving back to the community, he said. It's a way of life.

Being an active member of the community is the only way Swan knows how to live.

"At the beginning, I didn't know anything different. I just thought it (volunteering) was a good thing to do. Later on, I realized I was blessed with good health and family. And why not volunteer?"

Swan served more than 35 years as a volunteer for Scouts Canada. He managed to juggle the responsibilities of his job as a technologist in research and development at a factory in Niagara Falls and raising two children with his wife Susan.

"It certainly wasn't always easy," Swan said.

"It was difficult because I had crazy work hours. But Susan was such a great homemaker and I was able to be involved."

He retired in 1993 and eventually decided to build a home in Pelham.

"My wife and I were looking for a different atmosphere than Niagara Falls and Pelham is just what we were looking for."

At the time, Swan's wife was suffering from health problems, but eventually she recovered and he was able to become more involved with his new community.

see **COMMUNITY** | Page 9

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SARAH FERGUSON Staff Photo

David Swan, an active volunteer in Pelham, shows his Paul Harris Fellow Award given to him by Rotary Club of Fonthill.

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■ COMMUNITY

Swan enjoys seeing the smile on others' faces

FROM PAGE 8

It was out on a walk one day when he noticed a mother pushing her two young children along in a stroller on the side of the street on Canboro Rd. He noticed she was walking on the road, and although there were sidewalks in a nearby subdivision, there weren't any connecting sidewalks on the street.

Swan learned how to make a presentation to town council and became an advocate for the cause by going door-to-door asking residents to sign a petition. About 140 signatures later, and a lot of patience, Swan said, the sidewalks were finally constructed.

The tireless volunteer later signed up to be a part of the town's Pelham Active Transportation Committee, the Fonthill bandshell committee and the Pelham Summerfest committee.

Since the death of his wife in 2011, volunteering has become an even bigger part of his life.

Helping other volunteers organize events and programs in the community, Swan has built long-lasting friendships with whom he works.

Swan also enjoys seeing the smile on others' faces when they enjoy what he has helped to bring to the community.

The volunteer was recently recognized by Rotary Club of Fonthill with the Paul Harris Fellow Award for his contributions to Pelham.

"It was truly an honour," he said.

Swan believes more people, especially the younger generations, are becoming more actively involved with the community.

"Parents these days seems to support their children. These young people are going to become the movers and the shakers."

Swan gave the example of E.L. Crossley student Mariah Bunz, who spearheaded a campaign to see the Isaac Riehl Skate Park be constructed.

Bunz rallied the entire community together and she was able to accomplish something amazing, Swan said.

Volunteering and helping others is vital to living and it makes the world a much better place, Swan said.

"It's my way of life."

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■ **MUSIC:** Fonthill the place to be on summer evenings

Lineup set for bandshell concerts

SARAH FERGUSON
PelhamNews Staff

Ask any Pelhamite how he or she passes the time on Thursday summer evenings and the answer is likely the same for most.

Jiving, jitterbugging, head swaying and toe-tapping at the Thursday Night Concerts at the Fonthill bandshell in Peace Park.

Now in its eighth season, the concert series has become "a point of pride" for its volunteers and the community, says bandshell committee member Gayle Baltjes-Chataway.

"We have everything from Juno award winners, to blues, reggae, '50s, '60s, '70s and '80s music," says committee member Jim Casson. "About half of the bands have local connections."

Concerts will be held in the park from 7 p.m. to 9 p.m.

This year's series will begin June 20 with pop-rock act Jonesy.

Other acts in this summer's lineup include Jim Witter, a pianist who pays tribute to the likes of Elton John and Billy Joel; Janis Joplin tribute band Piece of My Heart; and Crush, a Bon Jovi tribute band that will "melt the hearts of all women from 14 to 49," Casson says.

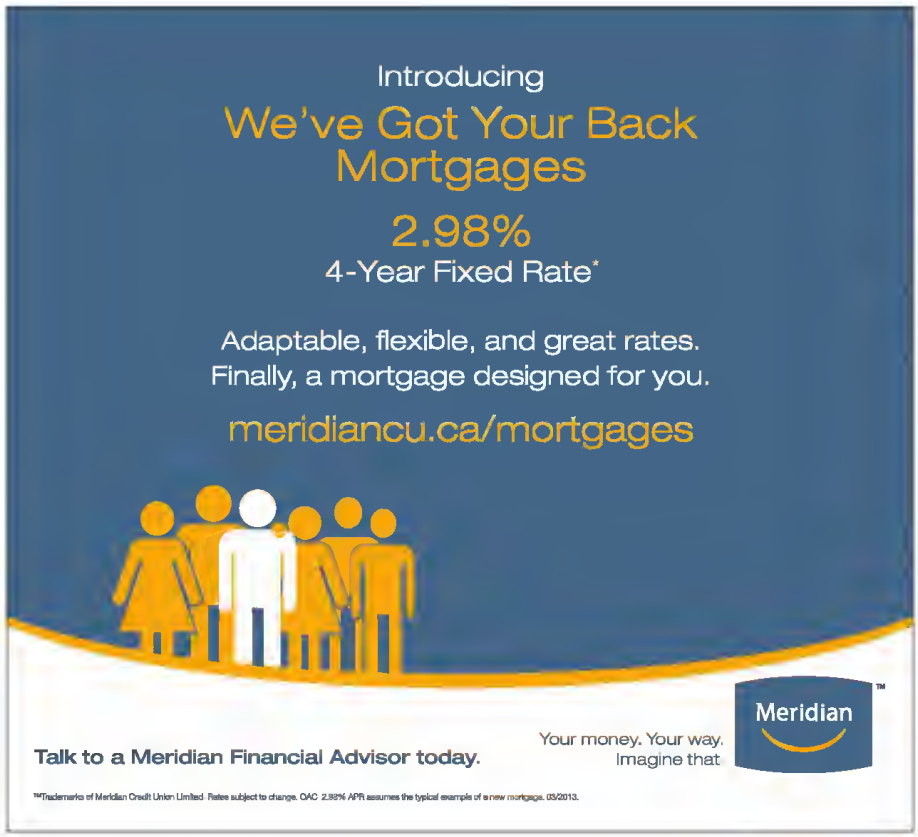
Work has already begun on the 2014 concert lineup.

"We (the committee) have a lot of fun and research a lot of great music. It's a lot of fun bringing it to the community," Casson says.

For more information about the Thursday night concerts, including parking, visit www.fonthillbandshell.com.

sarah.ferguson@sunmedia.ca
Twitter: s_ferguson25

Concert lineup
June 20: Jonesy
June 27: Jonathon Knight and Soulstack
July 4: Don MacArthur Band
July 11: James Doolin and the Mob
July 18: Jim Witter
July 25: The Sattalites
Aug. 1: Piece of My Heart
Aug. 8: Crush
Aug. 15: Jersey Kid
Aug. 22: Liberty Silver
Aug. 29: Western Swing
Sept. 5: Renegade



■ **CHEF**

Learning the basics of cooking in the family restaurant helped

FROM PAGE 5

"I liked how dishes were put together and how different flavours were made ... the endless possibilities of how food works together."

Learning the basics of cooking in the family restaurant helped Solomon when he started working at Tucker's, and later on at Movenpick Restaurants in Yorkville. It was at 18 that he moved on to Movenpick, his first fine-dining position.

"I picked up my fine dining skills there, learned about butchery, different cuts and techniques and abbot sauces. I learned about products I never worked with before."

Solomon didn't know a lot about food and started to work with things like whole fish and truffles. He stayed at Movenpick for four-and-a-half years.

"I started off as a cook and ended up as sous chef."

Solomon's next job saw him land at 13 Mountain Street in Grimsby, where the restaurant earned a best fine dining and best fine dining chef reader's choice award.

At 13 Mountain, Solomon was able to work with local farms and greenhouses to source some of his ingredients for the restaurant.

Though he's not able to do quite the same in his position as executive chef at Lookout Point in Pelham, he still has freedom and creativity when it comes to the menu.

"It's my second season here. I can create anything that works within my budget," he said, adding club members suggest what they'd like to see on the menu.

The fine dining facility features such menu items as bacon and shrimp jambalaya, in-house Jim Beam smoked pork chops and blackened Cajun catfish with pineapple and mango pico de gallo.

Running two restaurants and a banquet facility at Lookout Point keeps the chef busy, but he was still able to take time out to compete in the fifth annual Iron Chef Niagara competition at Johnny Rocco's Italian Grill and Restaurant. He made it through the first two rounds and into the finals last Wednesday night in St. Catharines.

He was able to get into this year's contest, which raises funds for various Niagara charities, and went up against Jay Gullett of the Americana Resort and Spa in Niagara Falls.

The two men had to prepare a lobster course and a beef course for more than 280 guests at the event.

There was no prize for winning. It was more about bragging rights and raising money for area charities, said Solomon.

"The chefs help each other out ... it's for charity, we don't want anyone to screw up."

Solomon won the competition on the strength of his two courses. His lobster was oven roasted with a compound butter consisting of garlic and bacon, a saffron and lemon pea risotto, pea shoots and a puffed rice tuile, with a beurre blanc on the plate. Beurre blanc is a hot emulsified butter sauce made with a reduction of vinegar and/or white wine.

His second course was a pan-seared beef tenderloin with a demi-glace of blue cheese, mushroom and red wine, and mushroom and truffle infused gnocchi, butter blanched asparagus, frizzled onions and enoke mushrooms.

■ **ACCOLADES:** Mariah Bunz led Pelham to an Aviva Community fund victory that netted $115,000 for a skatepark

Crossley teen recipient of prestigious medal

SARAH FERGUSON Staff Photo

E.L. Crossley student Mariah Bunz holds the Ontario Medal for Young Volunteers presented to her Tuesday by David Onley, lieutenant governor of Ontario.

SARAH FERGUSON
PelhamNews Staff

It was a phone call in early April through which Mariah Bunz learned she would be one of this year's recipients of the Ontario Medal for Young Volunteers.

Unbeknownst to her, Pelham Mayor Dave Augustyn had nominated her to be one of this year's recipients.

The Wainfleet teen who attends E.L. Crossley Secondary School is one of nine youths recognized with the medal that was presented by Lieutenant Governor David Onley during a ceremony at Queen's Park last Tuesday.

"It's a very prestigious award," Augustyn said of the honour established in 1998 to recognize youths aged 15 to 24 who have contributed to their communities.

Bunz was selected for encouraging Pelham to support her proposal to the Aviva Community Fund competition to create a safe town skatepark. She felt compelled to act after fellow student Isaac Riehl was struck by a car while longboarding on Foss Rd. last fall and later died.

Because of her efforts, the skatepark project was awarded a $115,000 grant — and the Town of Pelham has committed to matching the funds.

When Bunz began her Aviva campaign, she never expected her effort would leave a lasting impact on the community, nor could the Crossley student predict that *Canada AM* would announce the Isaac Reihl Skate Park winner of the Aviva Fund competition in a live broadcast from her high school.

"No, I never thought anything like this would happen. You can't expect to ever make it onto national television."

When the lieutenant governor presented Bunz with the award, he was already aware of what the teen had done for her community.

Bunz said Onley's son, a Cogeco volunteer, was one of several people who had interviewed her on camera after she learned her idea had won funding.

The teen said receiving the volunteer award was a surreal experience for her.

"I was really nervous and I can't believe it. It was overwhelming and it was a huge honour."

As a volunteer, a humble Bunz said she never intended to receive any recognition for her work.

She is grateful for the experience that promoting a skatepark has brought her. It has taught her a lot about "life lessons."

"It means a lot to me," Bunz said about her medal.

"But it's still all for Isaac. To be able to do this for his family is what really matters. As a volunteer, you don't expect to be recognized."

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2 Only SAVE $1100 — KOZY HEAT MINNEAPOLIS, Gas Insert, Installed — reg. $3499 — sale $2399	4 Only SAVE $400 — MAJESTIC DUTCHWEST OXFORD, Gas Stove, Installed — reg. $2599 — sale $2199	2 Only SAVE $600 — MAJESTIC 300 DVBH, Direct Vent Fireplace, Installed — reg. $2499 — sale $1899	1 Only SAVE $1000 — VERMONT CASTINGS MERRIMACK, Woodburning Insert — reg. $4999 — sale $3999

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sports

■ **BASEBALL:** Pelham minor baseball begins in May

Pelham youngsters prepare to play ball

SARAH FERGUSON
PelhamNews Staff

It's time to pull that old lucky baseball glove out of the drawer as Pelham Minor Baseball Association's season is about to get underway.

Practices for the association's 10 divisions, for players ages three to 18, will begin May 4 with season openers beginning May 21. Finals and championship games are at the end of August, said PMBA president Craig Gemmel.

see **BASEBALL** | Page 17

SUPPLIED PHOTO

The Pelham Mosquito Rep Pelham Panthers baseball team won the Harrow Tournament last June in this file photo. Pictured from left to right are coaches Darren Bishop, Jason Campbell and Glen Walton and players Alex Blanchard, Alex Repar, Ben Mann, Blake Bishop, Cam Crysler, Connor Walton, Joshua Campbell. Max Blanchard, Mitchell Carmichael, Tyler Dobbie and Zachary Baltrusiunas.

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SARAH FERGUSON Staff Photo

Rower Chris Jarvis visits Welland Arena, Saturday, to talk to and skate with children as part of an event hosted by the Juvenile Diabetes Research Foundation. Pictured from left to right are Sam DiMarco and Hunter Dixon with Jarvis. All three are diagnosed with Type 1 diabetes, and use insulin pumps to monitor their blood sugar levels. Jarvis won gold in the men's pairs at the Pan Am Games.

■ **CHRIS JARVIS:** Grimsby native talks wth Welland children

Diabetes doesn't limit rower

SARAH FERGUSON
PelhamNews Staff

WELLAND — "My name is Chris and I have Type 1 diabetes."

Canadian rower Chris Jarvis wasn't afraid to speak these words to a group of about 20 kids during his visit to Welland Arena, Saturday.

"I've been living with it for over 18 years," he said, while showing his insulin pump which monitors his blood sugar level.

The insulin pump attaches to his side and controls the flow of insulin in his body, giving him a constant reading of his blood sugar level. To most people, the pump might look like a pager or a music player.

The Grimsby native made a stop in Welland to greet and skate with children who, like him, have also been diagnosed with Type 1 diabetes, a disease in which the pancreas doesn't produce any insulin.

Insulin is naturally created by the body and used to move blood sugar into cells where it's stored and later used for energy.

The message he wanted to share with these children was simple, yet powerful — a diagnosis of Type 1 diabetes doesn't limit a person to what he or she can do. Although, having diabetes is "a balancing act."

Jarvis has defied the odds in becoming an rower, winning gold in the men's pairs at the Pan Am Games, despite the disease.

"If I had low blood sugar when I was rowing, every one on my team had to stop," Jarvis said. During his training for the Pan Am Games, Jarvis tested his blood sugar levels up to 20 times a day.

see **DIABETES** | page 16

■ DIABETES

'You should be proud of testing your blood sugar'

FROM PAGE 15

"I had to realize the ups and downs made me stronger," Jarvis said.

If his blood sugar fell too low, Jarvis could face headaches, weakness and other life-threatening symptoms.

The rower studied at Northeastern University in Boston to become a chemical engineer and competed on the school's rowing team.

He was told by one of his coaches he could never row because of his disease, but Jarvis persisted.

The rower remembered what another coach had said to him.

"This coach believed I could be a rower. He told me everyone has bad days, not just me."

Jarvis said his sister was diagnosed with the disease, and it wasn't until he was diagnosed with it at age 14, that he finally understood what she felt.

When he attended high school, Jarvis played sports and struggled with his disease. He turned to the Juvenile Research Diabetes Foundation — who organized Saturday's event — for help, and has become an active speaker for the organization. Jarvis also founded an organization called I Challenge Diabetes to held rid the stigma of diabetes.

He also sets up active outings for people diagnosed with diabetes and raises money for research.

Having diabetes isn't something to be asbamed of, and it doesn't stop people from achieving the goals they want to achieve, Jarvis said.

"You should be proud of testing your blood sugar," Jarvis told the children.

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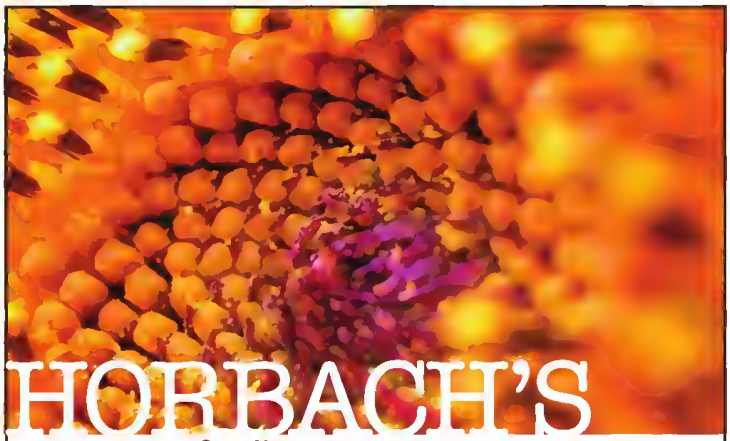

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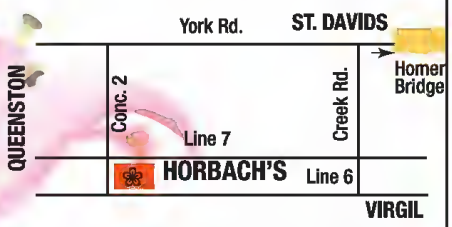

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■ BASEBALL

Registration open for new season

FROM PAGE 14

To kick off the new season, Gemmel said PMBA's website has been given a fresh look which will give baseball fans a chance to see updated weekly scores, information about local players and the ability to accept online registrations, which will available in July for the 2014 season.

Gemmel said the new look was needed and will be an important source of information for players and their parents.

Registration for this year's season has been strong, said Gemmel, adding there are still spots available for players interested in joining T-ball, rookie ball, mosquito and peewee divisions.

"We continue to accept players after the season starts if there are spots still open."

Registration includes a team shirt, hat, a year-end trophy and a team photo.

What keeps bringing youth back each year to participate in minor baseball is quality coaching the players receive.

"We have a lot of coaching depth with four coaches on a team, all of them are parents who are hands-on," Gemmel said.

The association's program in T-ball and rookie ball focus on skill development, the fun of the game, and being part of a team. Those skills continue to develop in the higher age groups, as the game begins to take on the same look and feel as major league baseball, Gemmel said.

The season also includes outings to Buffalo Bisons games, which is now the Toronto Blue Jays farm team.

PMBA's peewee rep team will be selling tickets to Bisons game at $10 each to raise funds for their team, and will also have a chance to play on the field in a competitive matchup against Welland Minor Baseball's own peewee rep team, Gemmel said.

"The Buffalo Bisons have given us a chance to play on the field Saturday, July 27 and it will be the first time we've ever been able to use the full field."

Although a date has yet to be set, the PMBA will host the second Summer Bash at Peace Park featuring lunch and performances from local musicians. Proceeds from the festivities will benefit Pelham minor baseball.

"We took over Peace Park and ran a full day barbecue last year. The deal was to have a lot of fun that day. People really seemed to enjoy it and we're going to be doing it again this year."

For more information about registration email playball@pmba.ca or visit online at www.pmba.ca.

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WHAT'S NEW IN DIABETES CARE?

Right now one million Canadians have Type 2 diabetes and do not know it. That statement is from the Canadian Diabetes Association Website (www.diabetes.ca). Diabetes is a growing epidemic and health concern. There are new treatments and resources available to help manage diabetes.

Bayer and Roche have new meters recently available. Bayer has a meter called the Didget. This meter is aimed at kids and rewards them for good monitoring habits. It comes with games and connects to the Nintendo DS or Ds Lite System. Patients can get this through their local diabetes education centre or specialist. Another new meter is called the A1C Now Selfcheck. This meter captures the three month average of a patient's glycosylated hemoglobin. This is close to lab results that your doctor sees and gives patients a very good idea how well controlled their diabetes is. This test can now be performed at certain pharmacies that have this meter.

Roche's new meter is called the Accu-Chek Mobile. This meter uses strip-free testing. Instead of inserting individual test strips for each blood test a cartridge is inserted which is good for 50 separate tests. The benefit of this machine is the elimination of strip handling which can be difficult for people with arthritis, Parkinson's or other dexterity issues. This machine is free for *Humalog* or *Novorapid* insulin users since they must test their blood sugar more often.

There is new medication available as well. *Victoza* is a relatively new product on the market. This medication is for patients with type 2 diabetes. This is a non-insulin, once-daily, injectable medication, that can help improve blood sugar and has been shown to be able to provide the additional benefit of weight loss. This medication may used alone or with other medications such as *Metformin*. Other similar medications to this will be on the market shortly. You can call your insurance company to see if this medication would be covered for you.

Besides additional products on the market there are also additional services available for diabetics. Pharmacists can provide a diabetes medication consult, free to the patient, paid for by the Ministry of Health, and an unlimited number of diabetes follow-ups. These consults can involve the pharmacist explaining medications, insulin use, and glucometers. The pharmacist can also use the A1CNow meter and check your average three month blood sugar. Pharmacists can also provide referrals to diabetic community services and web resources that are available to patients.

If you have diabetes, or are concerned that you may be at risk please call the pharmacy and book an appointment today.

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■ **HEALTHY LIVING:** Women's Outdoor Scrimmages starts next month

Pelham sports program for the ladies

JORDAN AUBERTIN
For PelhamNews

The women of Pelham are getting active with the first Women's Outdoor Scrimmages program.

Run by the Town of Pelham, the program will offer its first session May 6 to June 27.

The program is a women's-only sport session run by Lynncy Powell, an instructor whose previous coaching duties include for Learn to Play, a instructional hockey program for Pelham women.

Women's Outdoor Scrimmages, just like Learn To Play, is for women who want to learn, or be active in sports.

The program will involve playing five sports: basketball, soccer, softball, ball hockey and ultimate Frisbee.

"It's a fun social environment for people to come out and not be intimidated," says Jessica Ruddell, Pelham's recreation, culture and wellness co-ordinator.

"We welcome all skill levels, it's more about getting out and being active," she says.

Each session will run 10 a.m. to 11:30 a.m. Mondays and Thursdays for eight weeks at Centennial Park.

"Each session will concentrate on two sports," says Powell, who will teach the basics of each sport before participants scrimmage.

Each session is $6 or participants can buy a punch pass to allow them to take part in sessions.

Participants who buy the punch pass can also use it for Pelham Zumba classes if they miss a session of Women's Outdoor Scrimmages.

The program is set up so that busy women can take part in getting active and learn a new sport.

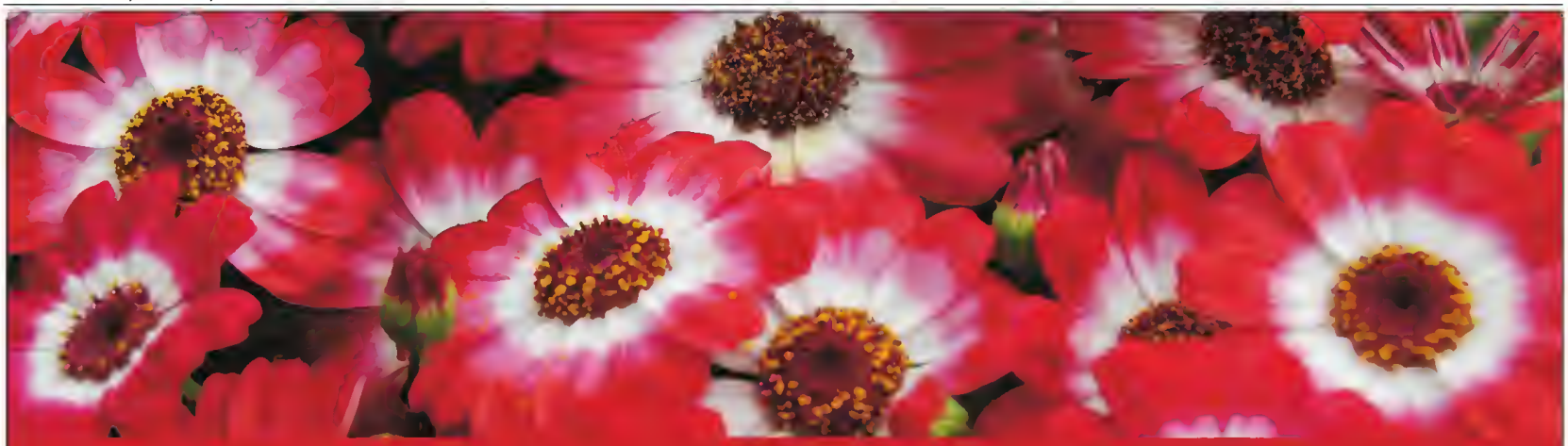
"This is geared for those women that really enjoy sports, so they can improve their fitness by playing sports in a friendly, competitive, atmosphere with fresh air and sunshine at a low cost," Powell says.

For more information call 905-892-2607 ext. 329.

Jordan Aubertin is a Niagara College journalism student on co-op placement at the Pelham News.

JORDAN AUBERTIN Tribune Photo

Lynncy Powel left, coach and instructor of Women's Outdoor Scrimmages in Pelham, and Jessica Ruddell, co-ordinator of recreation, culture and wellness for the Town of Pelham.



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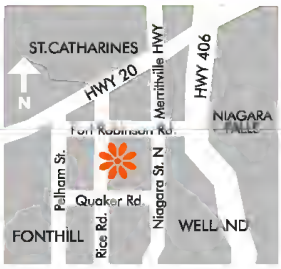

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AROUND TOWN

THURSDAY
MAY 2

FREE COMIC BOOKS
In celebration of Free Comic Book Day, Pulp Comics from Niagara Falls is providing a number of comic books to the Pelham Library to distribute for free from May 2 to May 3.

SATURDAY
MAY 4

LEARN ABOUT OVERDRIVE
Learn to download free E-Books from Pelham Public Library's Overdrive program. Bring your KOBO, valid library card and all cords with you. Laptops available on site. $5. Register ahead.

TUESDAY
MAY 7

CAMERA PHONE WORKSHOP
Peter Ferguson, president of the Welland Camera Club, shows how to get the best photos possible from your cell phone by adjusting settings. 6 p.m. $5. Please register ahead. Pelham Public Library.

ANXIETY
How to understand and cope with it. A free presentation by Karen Robson of the Canadian Mental Health Association – Niagara. Includes a volunteer's personal experience. Starts at 6:30 p.m. at 21 Port Robinson Rd., Pelham, and is sponsored by the Christadelphians of Niagara. Register ahead at 905-714-0701 or davejoannegray@gmail.com

WEDNESDAY
MAY 8

SCRAPPY CLUB
Work on your latest cardmaking, stamping, papercraft or scrapbooking project and get creative inspiration from others. Swap table will be set up and how-to tips shared. All levels. 10 a.m. to noon. $2. Pelham Public Library.

TEA FOR TOTS
Parents and grandparents, bring your little ones to a tea party for tots for Pelham Public Library. Celebrate spring with apple treats plus tea and juice. Stories and activities provided. $2 per person. 2 p.m. Please register ahead.

TUESDAY
MAY 14

MEMORIES OF HUNGARY
Authors Eva Tihanyi and Bobbie Kalman share childhood memories of growing up in Hungary during the Hungarian Revolution of 1956. 7 p.m. $8. Please register ahead. Books for sale and signing. Pelham Public Library.

FRIDAY
MAY 24

MAPLE ACRE FRIENDS
host the 23rd annual BBQ at Pelham Public Library Maple Acre branch. 5 to 7 p.m. Meal includes hamburgers, hot dogs and pies. Come for supper then enjoy the Fenwick Lions Club Parade at 7 p.m. Proceeds to Maple Acre branch.

ONGOING LISTINGS

CALLING ALL FINE ARTISTS
Second annual Art in the Park, juried fine art show, Pelham Peace Park, Fonthill, July 18 to 21. Application forms at www.patriciahaftar.com and at www.pelhamsummerfest.com.

KNIT WITS
Work on your present project while spending time with other knitters. All levels. Crocheters welcome. Knitting tips will be shared at each session. Fridays from 1 to 3 p.m. $2. Drop in. Pelham Public Library.

MEDITATION MORNINGS
Marcia leads you through different types of meditations for stress relief and focus. Great for beginners and those who have meditated before. For fun, learn the meaning of symbols from your creative visualization. Bring a pen and notebook. $3. Register ahead. May 25 and June 8 from 10-11:30 a.m. Pelham Public Library.

DROP-IN BRIDGE
Every alternate Wednesday from 1 to 3 p.m. Come alone or with a friend. Refreshments. Monthly schedule available at front desk. Pelham Public Library.

GADGET CLINIC
Get matched with a volunteer tech tutor for one-on-one help and training. Includes use of laptop or BYOG (bring your own gadget). Saturdays from 10 a.m. to 1 p.m. $5 per 1/2 hour. Please register ahead in person to reserve your space. Pelham Public Library.

HEARING CLINIC
Connect Hearing will be at the Fonthill Branch giving free hearing screenings and answering any questions about hearing issues. Free but please schedule your appointment ahead at 905-892-6068. June 24 from 10 a.m. to 1 p.m. Pelham Public Library.

BELLEROPHON DRUM
and Bugle Band practises Monday nights 7 to 8 at Royal Canadian Legion Branch 4, Morningstar Ave.. All welcome.

BOWEN ROAD WOMEN'S
Institute meets third Thursday of the month at People's Memorial Church, Ridgeway, at 7 p.m.

ST. ANTHONY'S
Croatian Church is selling frozen apple and cheese strudels. Please call 905-735-6159.

CHESS CLUB
meets Thursdays at Welland Tennis Club, 45 Hooker St., 7 p.m. to 11 p.m. Everyone welcome. Call 905-734-6533.

NOTICE OF COMMENCEMENT

Smithville Patrol Yard and Pelham Patrol Yard
Regional Municipality of Niagara
Municipal Class Environmental Assessment

Background
In 2004 the Regional Municipality of Niagara completed a report identifying the opportunities and constraints related to managing the future maintenance and operation of their current inventory of patrol yards, (1) Thorold, (2) Welland, (3) Pelham and (4) Smithville, for the next 10 Years. The report recommended the Regional Municipality of Niagara would have the option to decrease their current inventory of Patrol Yards and the Regional Municipality of Niagara has decided to proceed with a review of options.

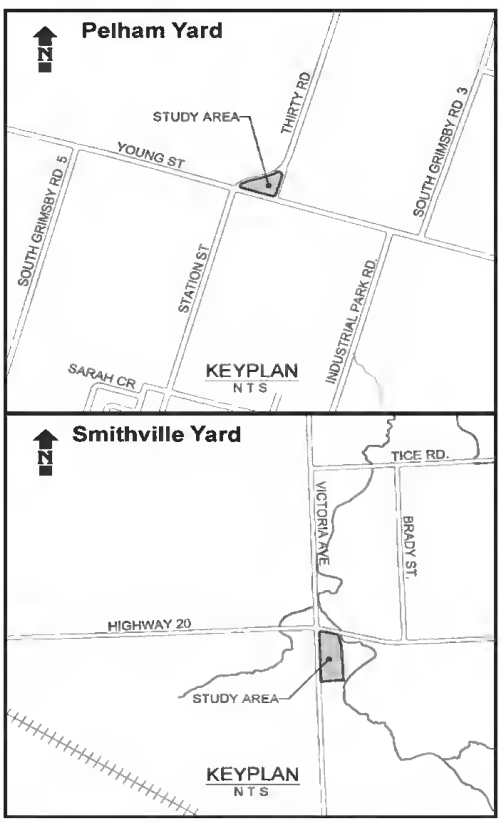
The Project
AMEC Environment & Infrastructure has been retained by the Regional Municipality of Niagara to undertake a Class Environmental Assessment investigating the opportunity for a new patrol yard. Three (3) options will be analysed:

1. Move Operations to an expanded Pelham yard and close Smithville Yard;
2. Move Operations to an expanded Smithville Yard and close Pelham Yard;
3. Move Operations to a new Smithville Yard and close the existing Smithville and Pelham Yards.

The proposed work could include the siting and construction of a new patrol yard, connecting the future patrol yard to the existing road network.

The Process
This study will be undertaken as a Schedule A+, and will follow the approved process of the Municipal Class Environmental Assessment, and will conform to Planning Act requirements and with other municipal requirements. Schedule A+ projects are limited in scale, have minimal adverse environmental effects, are pre-approved and may proceed to implementation without following the full Class EA planning process.

Subject to the receipt of necessary approvals, the Regional Municipality of Niagara intends to proceed with the planning, detail design, and construction of this project. Should you have any comments or questions regarding the study, please contact the undersigned.



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With the exception of personal information, all comments will become part of the public record.

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■ **FIELD LACROSSE:** Two sets of twins help Fighting Irish to 9-0 start

Undefeated Notre Dame has opponents seeing double

BERND FRANKE
PelhamNews Staff

WELLAND — Take a back seat, Minneapolis, and better luck next time, St. Paul. You too, Kitchener, Waterloo.

Minnesota and Ontario's Twin Cities are no longer cornering the market on twins now that Notre Dame has two sets of twins on its varsity girls field lacrosse team.

Kathryn and Sarah Simpson combined for 16 goals and Hayley and Chelsea Liske 10 as the Fighting Irish defeated two Albany high schools in exhibition action on the weekend in upstate New York.

Kathryn, with five goals; Sarah, with four; Hayley and Chelsea, each with three; Ellen Tomaino found the back of the net and Cierra Clarkson collected a game-high eight assists in a 17-3 victory over John Burke Catholic High School.

Kathryn, five goals; Sarah, two; Hayley, four; Kelsey Mushie, two and Clarkson, a goal and six assists; provided the offence in a 14-6 defeat of Holy Name Academy that improved two-time defending provincial champion Notre Dame to 9-0.

"Our varsity team is playing great lacrosse and having a chance to play teams in New York state has really helped our team improve," head coach Agi Mete said.

Notre Dame's junior team also made the trip to Albany and dropped a 9-6 decision to Burnt Hills High School after doubling John Burke 4-2 to open the weekend. Kristiana Rocco, with three goals; Sara Amis, Tara Gurnick and Cassie Willie, two goals apiece; and Kiera McDemott scored for the junior varsity.

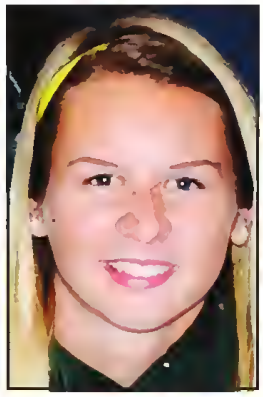
Saturday afternoon's NCAA Division I schedule allowed the Notre Dame players the chance to renew an old acquaintance. After taking care of business on the field against Holy Name took care of business on the field against Holy Name, the Irish watched the University of Albany defeat the University of Vermont 21-9 in women's field lacrosse.

Notre Dame alum Vanessa VanderZalm, who is in her first year attending Vermont on an athletic scholarship, led the Catamounts with three goals and one assist in the loss. The daughter of Arnold and Terry VanderZalm of Pelham set team records in scoring in each of her four seasons with the Irish.

VanderZalm, a physical education major, won gold medals at the Ontario championships in her final two years playing at the high school level after settling for silver in 2010.

She has 27 goals and six assists for 33 points in 17 games for Vermont and is third on the team in scoring behind Sydney Mas, 59 points; and Jessica Roach, 50.

bernd.franke@sunmedia.ca



Vanessa VanderZalm

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MOTHER'S DAY IN MEMORIAMS

Remember your loved one this Mother's Day with an In Memoriam publishing in The Tribune on Saturday, May 11th, 2013

Be sure to have your copy and photo (if desired) to: The Tribune Office, 228 East Main Street, Welland, prior to 4:00 p.m. on Friday, May 3rd, 2013.

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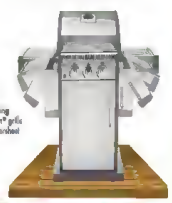

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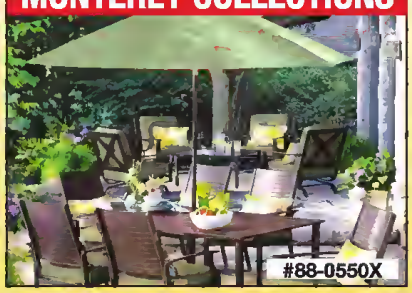

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